



Maintaining your Academic Study Momentum in Challenging Times #2:

The highs and lows of distant academic study

Laura Brammar

Senior Careers Consultant

**The Careers Group,
University of London**

[All images free to use from pixabay.com]



Welcome to the Maintaining your Academic Study Momentum in Challenging Times Series

We have a range of qualifications represented in this cohort

Global MBA, Masters in Professional Accountancy, Postgraduate Qualifications in Law, LLM, BSc Computer Science and many more

Your qualifications will offer you a range of relevant professional skills, particular knowledge sets, enhanced competencies and attributes

These webinars will help you to maximise your study time despite difficult challenges, whatever you are studying or wherever you maybe based

Why webinars?

- Complements distance learning aspect of your studies
- Provides a chance to discover fresh content with an experienced facilitator
- Allows you to share your ideas, thoughts and experiences with each other in a global classroom
- Gives various opportunities to engage with relevant activities and time for questions at the end
- Productive, supportive and dynamic online learning space
- Online learning is becoming central during this time

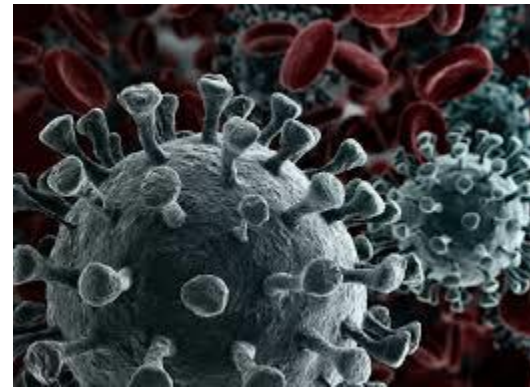
Quick introductions



- Senior Careers Consultant for 14 years, including with MBA and PG students
- Instructor on award-winning *Enhance Your Careers and Employability Skills* MOOC, 89,000 global active learners
- Provide 1:1 careers coaching, CV/resume reviews, practice interviews, professional development and career management webinars and workshops
- MSc Organisational Behaviour, PG Cert Career Development and Coaching, PG Cert Education
- Published work on online career learning in academic journals

A challenging and disruptive time

- Global pandemic
- Unprecedented impact on billions of people's lives
- Affecting way we work, study, spend time with our family, interact with the world around us
- Increase in stress as manage new ways of working, potentially home schooling children, caring for vulnerable relatives, pressure on employment, struggling economies, etc.



Activity #1



What impact is the Coronavirus crisis having on *your studies* at the moment?

POLL: Before we start!

On a scale of 1
(low)-5(high), how
confident are you
in your current
**ability to maintain
the momentum of
your studies?**



What we will cover



Review of your study progress so far

Reflections on your motivation

Identification of high and low points in your studies

Strategies to overcome challenges

How to maintain your resilience

Next steps

Additional resources

How are your studies progressing so far?

Reflect on your pace of learning – need to adjust?

Map out your study journey so far - close to completing?

Identify your next 'hurdle' - approaching a demanding period?

Remind yourself why – strain on maintaining motivation?

Activity #2

What was your *prime* motivation for studying this course?



Keep your motivation clear



The context may have changed, but the goal hasn't

Upskilling is vital in an economic downturn

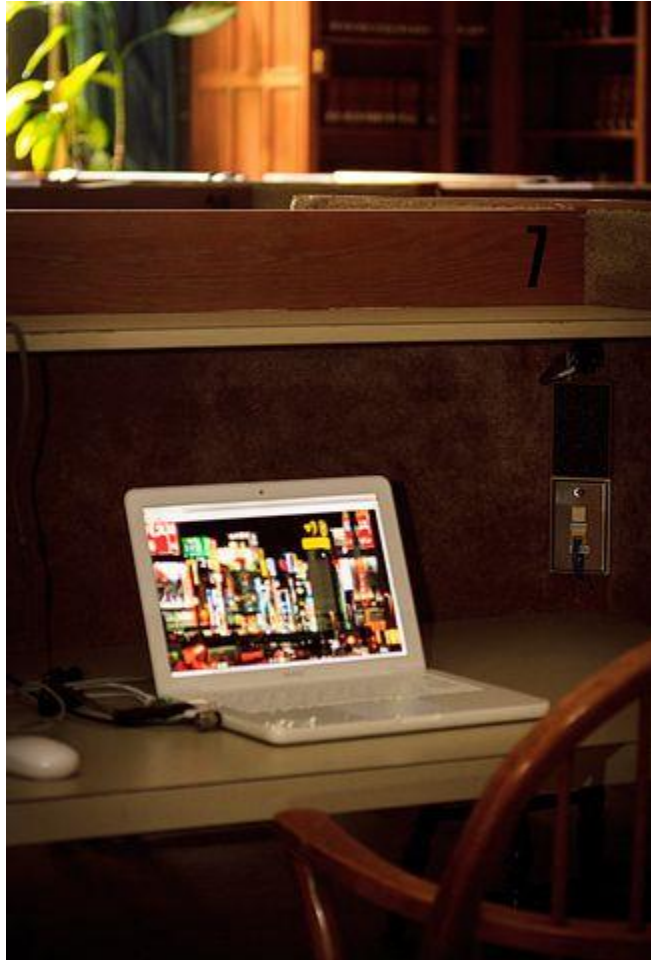
Your digital literacy skills are being enhanced by your studies

Activity #3

What's been the *highlight* of your studies so far?



Use those highlights to your advantage



Make note of when things go well

To fuel your motivation

To inspire discussion or next steps

To build relationships

Activity #4

When your
motivation dips
what are the
reasons?



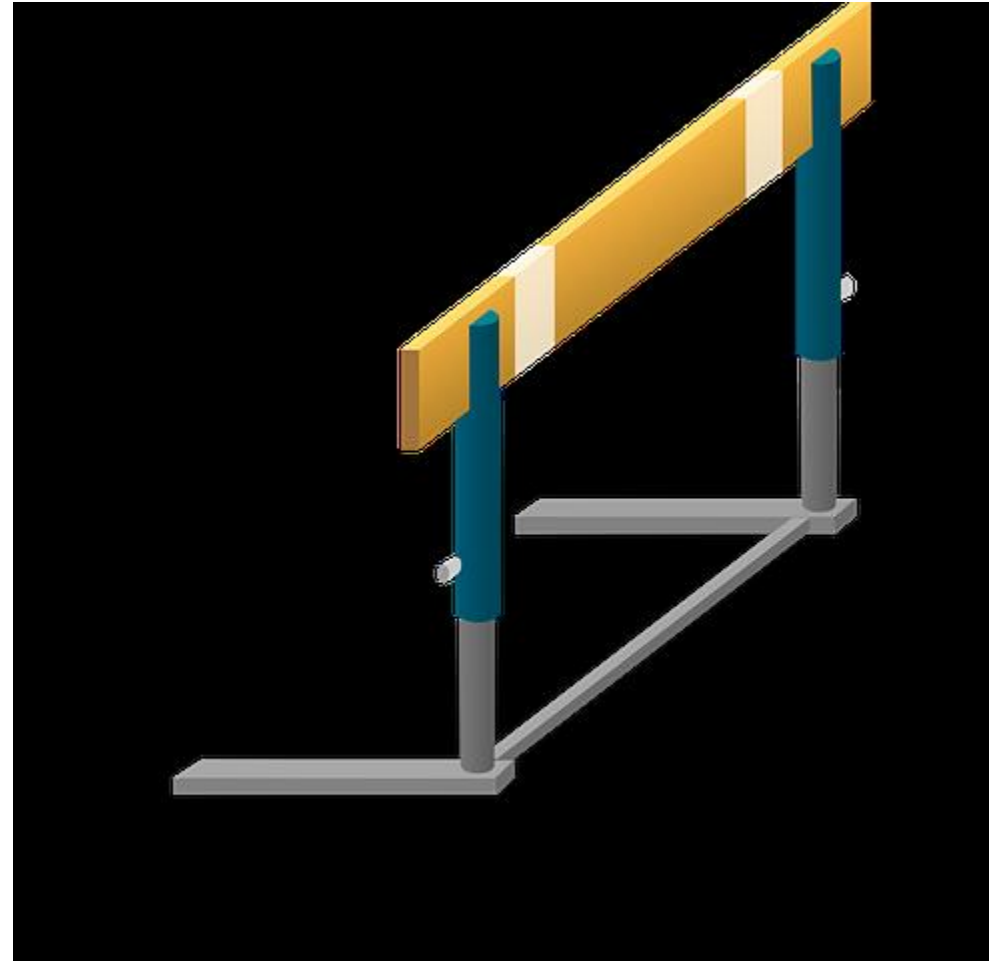
Common motivation hurdles

'I don't have the time to fit this in anymore'

'My life has got too complicated'

'I'm not sure it's worth it anymore'

'The course content is too challenging, I don't understand it'



Ways to leap over those hurdles!



Time worries – create an urgent/important grid to help you prioritise, schedule, postpone, delegate

Feeling overwhelmed – give yourself a break, make space to take time out and reflect

Commitment issues – find time to reflect on your original motivation and ask what is different now

Confidence issues – check in (virtually) with your support network both on the course and in your wider life for helpful and supportive conversations

Advice from other students

"Keep a journal of progress or a list of achievements each day no matter how small because sometimes it's hard to see how you're making progress day to day in such a big project."

Advice from other students

"I advocate the 9-5 routine"

"Take a break sometimes to keep yourself fresh"

"Know the signs when it all getting a bit too much"

"Accept that some days will be better than others, and that's OK"

One step at a time....

- Resist temptation to look too far ahead into the unknown
- Expect there to be good and bad days
- Accept that there will be good and bad days
- Be patient with yourself

Activity #5

- Why is resilience going to be important in the next few weeks and months?

Increasing need to be resilient in dynamic labour markets

Careers increasingly self directed

More values driven careers

Boundaryless careers

Flattening organizational structures

Use of technology

But need psychological tools to be able to cope with lack of security and clarity

Source: Lyons, S. T., Schweitzer, L., & Ng, E. S. (2015).



Resilient people's 'explanatory style' – Seligman

Seligman - **way we explain setbacks to ourselves** is key – 'explanatory style'

Permanence – People who **more resilient** see the effects of bad events as **temporary** rather than **permanent**. E.g. *"My manager didn't like the work I did on that project"* rather than *"My manager never likes my work."*

Pervasiveness – **Resilient** people don't let setbacks affect other **unrelated** areas of their lives. E.g. *"I'm not very good at this"* rather than *"I'm no good at anything."*

Personalization – People who have resilience **don't blame themselves** when bad events occur. Instead, they **see others or circumstances, as the cause**. E.g. *"I didn't get the support I needed to finish that project successfully,"* rather than *"I messed that project up because I can't do my job."*

Ways to maintain your resilience and motivation

Set your goals and plan ways to reach them

Identify your stressors and time drivers and look for any patterns when you feel the least resilient

Identify what you can control, influence, accept

Articulate, either verbally or in writing, a positive version of yourself and repeat back to yourself

Reconnect with your support network

Take a step and look at how you tend to approach problem solving

Identify opportunities to more effectively manage your emotions, behaviour and attention

Look at ways to collaborate more effectively with others

In summary

- Maintaining motivation and focus as a distant learner can be challenging anyway
- During a pandemic, that can become even more of a challenge
- Be proactive and self-kind in managing your way through this time one step at a time
- Consider your levels of resilience and how to boost them



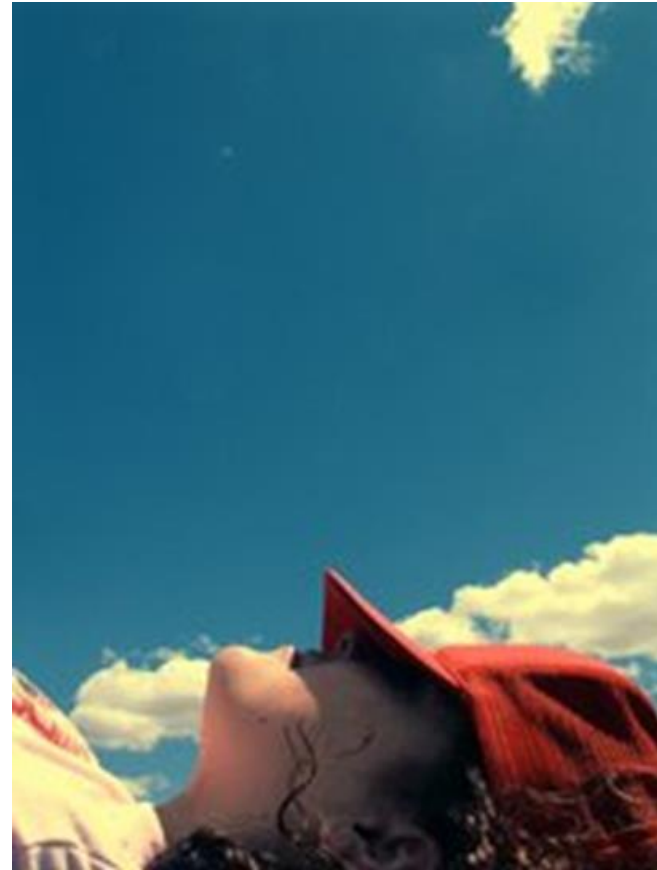
What next for you?

Name one **specific thing** you will do as a result of this webinar that will **improve your ability to maintain the momentum of your studies** in the future



POLL: Before we finish!

On a scale of 1
(low)-5 (high), how
confident are you
NOW in **your**
ability to maintain
the momentum of
your studies?



Thanks

Any questions?



Useful resources

5 Tips to stay productive during the lockdown - <https://www.businessinsider.com/how-to-work-from-home-with-young-children-during-coronavirus-2020-3?r=US&IR=T>

5 ways to support your mental wellbeing during the lockdown - <https://www.topuniversities.com/student-info/health-support/five-ways-look-after-your-mental-health-lockdown>

<http://idealistcareers.org/as-the-world-of-work-changes-focus-on-developing-career-resilience/>

<http://www.forbes.com/sites/kerryhannon/2012/12/26/6-key-steps-for-career-resilience/#443edf4361a7>

<http://www.hrmagazine.co.uk/article-details/developing-personal-resilience-for-career-success>

<https://www.mindtools.com/pages/article/resilience.htm>

Thanks and see you at a future webinar!

Many, many, many resources on student portal including previous webinars

In the meantime, please share your feedback on today's session at <https://goo.gl/forms/pEpFQUq9K1IfmXAC3>

Next webinar is Webinar 1C: **'The Post-Covid professional - strategies for success/adapting to change'** – **TOMORROW Friday 1 May 2020**

- Steps you can take to prepare for labour market shifts
- Ways to boost your adaptability
- The value of caring for your well being